90 Express

LTC's first venture into rapid

'overwhelming acceptance'

transit is experiencing

strutting

its stuff

by the public



\$50 MILLION



Wanted: Help giving more

Toys For Tots

London security quard, Charity that delivers toys to retired firefighter, both in children in need is asking for their 60s, honoured for toys and cash, but also a few courage, quick thinking PAGE 6 more volunteers

Lightning ties cut, London ties live



DETROIT LIONS

HAIL MARY

TAILSPINNING QB MATTHEW STAFFORD

POST-SEASON PAGE 26

LOOKING FOR

NEEDS WINS IN FINAL 2

GAMES TO QUALIFY FOR

Gabe Freeman, centre, plans to continue his work in the community even though he's no longer part of the London Lightning. He had a fundraiser Wednesday night for his non-profit, Freeman Youth Services. Pictured with Freeman, from left, are Claire Chauhan, Cree-Anne Deveaus and Keijhan McLellan, all students at Montcalm Secondary School. MARK SPOWART/FOR METRO

Fresh off the roster.

'Would I do

says hero

it again? No,'

Gabe Freeman plans to stay put, continue community work off the court



DAVE LANGFORD

The love story between the London Lightning and Gabe Freeman has come to an end and there appears to be no going

But the relationship between the Lightning basketball player and the City of London will never end, Freeman insists.

"Basketball is my job, but this is my home," Freeman told Metro on Wednesday morning, the day after it was announced the player and team had parted company.

Freeman said he will continue his community work with the city he has clearly come to love.

"I'm never going to leave London behind, ever, because I've got families here," he said. "I've got kids that look up to

"This place will always have a place in my heart."

Gabe Freeman, former London Lightning player

me, not just two or three kids. I've got a community of kids."

Freeman works each week with 25 at-risk students at Montcalm Secondary School. Later Wednesday, he was due to attend a "bake-off" at Montcalm, and he had a fund-raiser for his charity work at a King Street bar.

He said much of his community work is with a 30-person team called Freeman Youth

Freeman, 28, makes his offseason home in Phoenix, but he has been a player the London basketball community has embraced, both this season and

two seasons ago. That year, he was named league MVP after the Lightning won their first of two league championships.

Last season, he took his basketball talents to the Philippines, but he returned this year under much fanfare. His photo is also part of a large Lightning mural on the outside east wall

of the building.
Officially, both sides say
Freeman left the team for "personal reasons.'

"I cried. I have feelings too," Freeman said about leaving the team. "It hurt me. I developed a lot of great relationships with people. It hurts, man."

Freeman said he will not play basketball anywhere else this season, but intends to play overseas next year.

In the meantime, he has some work to do.

"I've got to grow a little bit more. I'm 28 years old," Freeman said. "I've got a lot of basketball left in me.

"(London) will always have a place in my heart, whether I play (here) or not."

Freeman plans to attend Thursday's game between Halifax and the Lightning. Game time is 7 p.m.

More coverage on page 25



HURRY! THESE OFFERS WON'T LAST LONG



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London Transit Commission punches a winning ticket

90 Express. LTC's first move into rapid transit sees 'overwhelming acceptance' right away

MARK SPOWART

london@metronews.co

The London Transit Commission has scored a winner with its express bus service between Masonville mall and downtown.

"If all of our new services were met with such an overwhelming acceptance, we would be in a much better place than where we are to-day," said LTC general manager Larry Ducharme.

Launched in September, the 90 Express runs up and down Richmond Street. With a direct route and reduced number of stops, riders can travel from Dundas and Richmond streets to Masonville mall in somewhere between 15 to 17 minutes.

Not only is the new service good for riders, it is turning out be good for the LTC's bottom line.

"We are at a 45 per cent direct cost recovery in just over three months. That is normally the level we would expect at the end of the first year," Ducharme said.

The express is handling an average of 45 riders hourly — something that frees up space on traditional routes

Fast times

The 90 Express runs Monday to Friday, with the first bus leaving Masonville mall at 6:43 a.m.

 The last northbound bus leaves Dundas and Richmond streets at 5:50 p.m., and the last southbound bus leaves Masonville at 6:16 p.m.

that were overcrowded, often forcing buses to leave passengers standing at stops.

"This has been good news," Ducharme said.

Recently, Ducharme said, a rider approached him on Richmond Street asking for more express routes, saying he's made it to Masonville in as little as 10 minutes.

That's a far cry from earlier in the fall, when Ducharme publicly apologized twice in a matter of days for LTC's service.

The next step, Ducharme said, is figuring out where the express model can land next. He already has a place in mind

"I have got to tell you, the Wellington Street corridor is just as busy as the Richmond (corridor) and it faces the same overcrowding and capacity issues," Ducharme said.

There's no reason to believe an express bus there wouldn't be as successful "if not even more," he said.

"We are at a 45 per cent direct cost recovery in just over three months. That is normally the level we would expect at the end of the first year."

LTC general manager Larry Ducharme

Fake gun? Pair charged in mini-mart robbery

Police have arrested two people after a robbery in east London.

Jack Nguyen, 23, and Jolson Proctor, 21, both of London, were taken into custody Tuesday. Police say they showed what appeared to be a gun and stole cash and cigarettes from Fairmont Mini Mart at 1161 Hamilton Rd.

The men were carrying the

stolen items, along with a replica handgun, at the time of their arrest, said police.

Both are charged with armed robbery, using an imitation firearm to commit an indictable offence and disguising their faces during the commission of an indictable offence.

Nguyen is also charged with a Nov. 1 robbery of the same corner store. METRO



The LTC's 90 Express runs weekdays along Richmond Street from Dundas to Mansonville mall. MARK SPOWART/FOR METRO

Weather warning

Mother Nature to start holidays with a vengeance

Buckle up and wrap up, because Environment Canada says winter's about to get worse.

A significant weather warning has been issued for the London area, with a storm heading our way from the south.

But wait — it's not just

one storm — it's two.

The first is expected to show up by Friday morning, with some of it arriving Thursday night. It could bring rain, freezing rain, ice pellets or snow.

"The precipitation may become more intermittent on Saturday before another more potent storm approaches southern Ontario this weekend," reads a statement from Environment Canada.

That second storm "has the potential to bring a

significant and extended period of freezing rain across southern Ontario late in the day on Saturday through Sunday," the statement adds.

"It is very likely that holiday travel will be significantly impacted.... We recommend watching future forecasts and taking the necessary precautions."

For more information, keep checking weatheroffice.gc.ca.

metronews.ca
Thursday, December 19, 2013

The Forest City kicks it up a notch in the war on the flu

'Tis the season. More people getting shots, way more pharmacies offering service

MARK SPOWART

Just like snow, the flu has arrived in London.

But, this year, people appear to be arming their immune systems to the max.

From Sept. 1 to Nov. 30, 168,649 flu shots were administered in the London area compared to 147,854 for the same period last year.

Last year, 19 area pharmacies offered shots. This year, the number has grown to 70.

"From what we are seeing so far, the strains circulating are in this years vaccine, which is perfect," said Tristan Squire-Smith, manager of the infectious disease control team at the Middlesex-London Health Unit

The increased attention to warding off all those aches and pains could be a little to do with the punch packed by last year's flu strain.

While health officials urge caution when comparing outbreaks from year to year, the 2012-13 season was one not to be forgotten. More than 450 cases were reported in the London area with 282 people hospitalized and 25 deaths.

Since Sept. 1 of this year, there have been 12 cases reported locally and 182 across all of Ontario.

One of the strains circulating this year is the same H1N1 variant that caused a wide pandemic in 2009.

But, don't go into a panic. If you contracted the much-talked about, often hated strain the first time around, you can breathe a little easier this year.

"Any time you get sick from a virus and get healthy, your body will recognize that virus and know how to fight against it," Squire-Smith said.



Humane Society bites back



The latest support for the London Humane Society came Wednesday from the London police's canine unit. Members presented \$365 raised by selling toy police dogs, and \$500 donated by the London Police Association. From left, Const. Andrew Stanley, Sgt. Lee Currah and Humane Society executive director Judy Foster, with police dog Bosco. MIKE DONACHIE/METRO

Animal welfare protesters are causing a stir again.

The London Humane Society has hit back at "false and misleading" criticism by campaigners who set up an online petition opposing the city's award of its new animal services contract.

The petition, at change.org, made a series of demands as the city chose to keep profitmaking company Urban Animal Welfare as its service provider.

Humane Society executive director Judy Foster wrote to council, saying she wanted to make sure councillors and Mayor Joe Fontana knew the truth as they debated the issue.

"The misinformation by the petition was that we've brought animals in for a fee," said Foster. "In fact, we bring lots of animals in without a fee. We're a 100 per cent donation-run nonprofit registered charity.

"Clearly, we have to charge fees for service in order to sustain ourselves.

"We do charge surrender fees, but when folks are in a situation that they can't af-

City hall decides

- On Tuesday, city council agreed to give a \$2.3 million, five-year contract to Urban Animal Welfare.
- It includes employing strategies focused on animal welfare, including euthanizing as few dogs and cats as possible.
- Also approved was a proposal to draw up plans to license stores that sell dogs and cats. London only has one: Pet Paradise. Council agreed to ban the sale of pets at flea markets.

ford surrender fees then we bring those animals in free of charge."

Foster said the focus must be on the care of animals. When they are seized from owners, often if they've been mistreated, there's no charge for that, either.

MIKE DONACHIE/METRO

Drive Clean for less. Liberals claw back emission-test fees

Ontario's governing Liberals are shifting fees for Drive Clean vehicle emission tests into reverse, lowering the price from \$35 to \$30 starting in April.

But they have no plans to scrap the program that was first introduced in 1999, even though critics say it's outlived its usefulness.

"A very significant portion of domestically caused smog comes from our vehicles — our cars and our trucks — in the province of Ontario," Environment Minister Jim Bradley said Wednesday. "Drive Clean tackles that."

The program reduces by about a third those emissions in Ontario, which contributes to better health and a better environment, he added.

Drive Clean is supposed to be a revenue-neutral program to get cars that spew pollution off the road, but it's now turning a profit. The government spent about \$10 million less to deliver the program than what was collected in fees during 2011-12.

Last year, Ontario's former auditor general warned it could land the province in legal hot

By the numbers

\$30M

Drive Clean fees collected by government in fiscal year 2011-12.

water because it's a user fee, not a tax. He cited a Supreme Court decision which basically ruled that a user fee cannot exceed the cost to the government of providing the service.

The Liberals promised to lower the charge that drivers pay every two years to get their vehicles tested. The tests are mandatory for light-duty vehicles at least seven years old.

But the Progressive Conservatives say Drive Clean should be eliminated because most cars and light trucks easily pass the test.

The program was "more about the money than it was about the environment," said Tory Michael Harris.

"No point in tinkering around the edges, lowering fees here and there, let's scrap it altogether," he said.

THE CANADIAN PRESS

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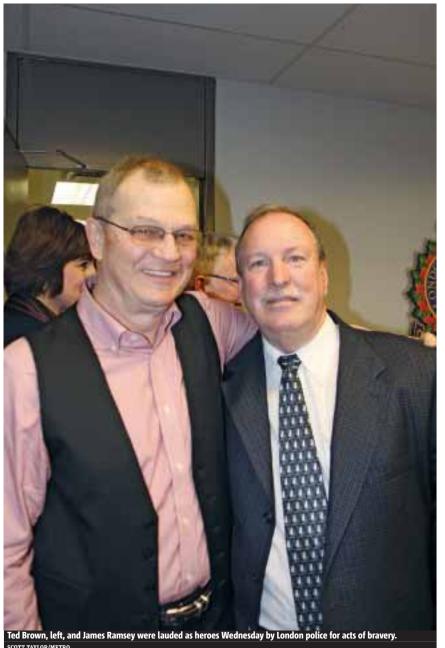




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metronews.ca
Thursday, December 19, 2013



London men honoured for courage, quick thinking

Citizen citations.

James Ramsey and Ted Brown were recognized yesterday by London police



SCOTT TAYLOR scott.taylor@metronews.ca

A 63-year-old security guard and a 69-year-old retired London firefighter received a hero's welcome Wednesday at police headquarters.

Both earned citizen citations for individual acts of courage under fire, showing calm in moments of chaos.

James Ramsey was working his security job inside the TD Canada Trust bank at Dundas and Lyle streets last July when an attempted robbery went wrong.

A man walked out of the bank and was approached by a man and a woman asking if they could sell him something The man refused to play along and was stabbed in the leg.

leg.

"A woman came into the bank and said a man had been stabbed," Ramsay said.
"I went outside and saw him bleeding in the middle of the street."

Ramsay took the victim's belt and fashioned a tourniquet above the wound, holding the man's blood loss at bay until police and paramedics arrived.

"I was scared to death," he admitted Wednesday with a laugh. "I knew that we had to stop the bleeding.

"I don't know what kicked in, but it was good whatever it was and I was happy that I could help the man."

The other hero might not have made a life-saving move, but, nevertheless, showed the same bravery.

Ted Brown and his wife returned to their home in the area of Richmond Street and Western Road earlier this year to find a would-be burglar inside

Quoted

"Would I do it again?

Ted Brown, 69, on capturing a burglar 40 years his junior.

"The door was broken open and my wife saw him," Brown, the retired firefighter, recounted Wednesday.

"He ran out the back, and I went out the front because I knew I was going to meet him as he came around the building.

"He tried to get away on a bicycle, but I caught him and tackled him and held him until police arrived."

The man he brought down was more than 40 years his junior.

On the web

For more local news, visit metronews.ca



Crime map coming to London police website

Beginning Jan. 1, Londoners will be able to go online to see a map of where recent crimes have been committed in the city.

London police will provide the information to the public through an interactive crime map on the department's website.

Data on each crime will include the type of offence, the date and time it was committed, and the approximate address. Crimes documented will include vehicle thefts, car crashes, break and enters and robberies.

Most of the data shown will be updated daily, helping people track criminal activity in their neighbourhoods.

That could lead to more proactive reporting of crimes, police Chief Brad Duncan said.

"If you see (suspicious) behaviours in your neighbourhood, and if you've gone online to see that perhaps we've had thefts from motor vehicles or we've had break and enters, that may

cause individuals to actually call in and report that (suspicious) activity," he said.

The provincial government will cover the \$100,000 cost of the Safe Streets Project through the Proceeds of Crime Front-Line Policing Grant.

Some police forces in Ontario already offer similar programs, including Ottawa and Halton Region.

Prevention tool?

"We'll be able to look at patterns of activity and actually predict where some of that activity may occur."

London police Chief Brad Duncan

Crimes such as homicides and sexual assaults won't initially be reported due to concerns about privacy and preserving the integrity of investigations.

Duncan said the data will also assist officers beginning their patrol shift.

"Officers now coming onto patrol can use the software in the car so they can get a very quick picture of what's occurring in the beats where they're working," he said.

Officers and investigators will be able to access more sophisticated data than what's offered to the public.

SCOTT TAYLOR/METRO



metronews.ca Thursday, December 19, 2013 **NEWS**

Made in London. Program tackling domestic abuse gets a monetary boost

The London police department is receiving \$270,000 in provincial funding to introduce a homegrown domestic-violence program in Woodstock, Sudbury and Ottawa.

Health Minister and London North Centre MPP Deb Matthews made the announcement Wednesday at police headquarters. Money for the rollout is coming from the Proceeds of Crime Front-Line Policing grant.

The innovative High Risk Domestic Violence Safety Project assists, rather than condemns, people charged with abuse.

The idea is to throw people charged with abuse a lifeline rather than cut them loose to fend for themselves. Feeling alone, sometimes left without a job and with ties to their kids severed, anxiety and fear often boil over and compel repeat behaviour, program supporters say.

Through the initiative, people are offered, among other things, counseling,

At a glance

- The domestic violence project started in London
- There's been a 50 to 60 per cent reduction in police involvement with participants after the first offence.

drug and alcohol treatment and help navigating the judicial process.

"It supports the victims, but it also supports those who committed crimes, so they don't re-offend," Matthews said. "This project here in London has seen extraordinarily improved outcomes."

Changing Ways executive director Tim Kelly, who was on hand for the announcement, said the project has proven success. That's large because it focuses directly on factors "that potentially influence a repeat offence," he said. scott TAYLOR/METRO

Cpl. Oscar Trachmann, left, accepts a delivery of toys from Try Recycling's Chris Humphries, Tom Skellett, Mark Wareing, Jim Graham and Rick

More hands needed on deck

Tovs For Tots. Appeal goes out to community for help



Toys For Tots is going to make Christmas special for more than 1,200 kids this year.

Well, that's the plan. But there's a problem: They need

The gym at HMCS Provost on Becher Street is filling up fast with toys to be donated to

children in need. But, as Cpl. Oscar Trachmann explained, his crew can only carry through if more people come forward to help.

"We're looking for volunteers to help us sort the toys," he said. "They get put into hampers — bags — and they're delivered all over the

He said they also need toys donated. As always happens, they need more gifts for children up to two years old and for those who are 10 or older.

The charity asks for new, unwrapped toys or for cash donations to buy what's needed.

There may be a shortage of

helpers but there's no shortage of enthusiasm from those who have helped.

On Wednesday, the staff of Try Recycling, the company that operates the city's recycling depots, unloaded two truckloads of donations from the company and its staff.

"Every year we try to give back to the community as much as we can," said company president Jim Graham. "The customers are the com-

"We've seen our customers having a tough year and we wanted to make sure all of their children have a little bit of magic at Christmas."

How to help

- To volunteer, head to Facebook and search for Toys For Tots Lon-
- Donations can be dropped off at any Canadian Tire in the city, iVision stores, Bell stores or at 97.5 Virgin Radio studios (743 Wellington Road S.)
- Many of the packages will be delivered by military reservists.

Cut short. Grand Theatre's audience smoked out

A small emergency caused big regrets Tuesday night at The Grand Theatre.

The theatre was evacuated after smoke was detected during the final moments of a performance of the Christmas show Elf. Per theatre policy, the building was evacuated.

Although the fire department couldn't find a fire, the evacuation meant the applause had to be cut short and two special guests couldn't take a proper bow.

The Grand Theatre reached out virtually Wednesday morning sending an email with a "standing ovation" to the special guests slighted the night

Congrats went to Todd Brown and his daughter, Isabella, who had a walk-on role

Brown bought the chance of a cameo at the theatre's fundraising auction in the spring.

performances at the Grand are continuing as scheduled. mike donachie/metro

On the web

For more local news go to metronews.ca



Fundraiser

Non-profit to sell native crafts on Saturday

The N'Amerind Friendship Centre is gearing up for a Saturday event aimed at raising money to help continue its work.

Native craft vendors will be offering their wares from 10 a.m. to 2 p.m. and native

food will be available from 11:30 a.m. to 1:30 p.m. in the centre's gym (260 Colborne

All proceeds will go toward the organization's efforts in the community. The non-profit works primarily to offer programs aimed at social, recreational and educational needs for aboriginal families living in urban areas.

Its work also aims to raise awareness about native herit-

Empty storefronts get some Christmas cheer

Vacant storefronts in Market Tower have been transformed into a holidaythemed blast from the past.

With London Fuse's Ryan Craven acting as curator and producer, Christmas photos of the old Simpson's department store have been spread across interior windows on the tower's first

The photo exhibit, produced in collaboration with London Fuse New Media Collective and Museum London, was backed by local business owners and captures the well-known landmark in the 1950s and

Accompanying the pictures are brief snippets about Simpson's history in

The department store was once a flagship of downtown, sitting at Dundas and Richmond streets.

It officially took its place in London's history books in July 1945, the year after a Toronto company bought and rebranded an existing

Known across the city

for its elaborate Christmasthemed window displays, Simpson's was bought out by Hudson's Bay Co. in 1978 and a name change to The Bay came about 10 years

Doors were shuttered for good in 1989 when The Bay moved to the new Galleria Mall (now Citi Plaza).

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London's biggest theatre fan to celebrate 'thriving' scene

DISH Awards. Gala event set to recognize the best of the city's amateur productions



London's biggest theatrical enthusiast is preparing for the biggest night of the year.

Donald D'Haene, co-host of the fifth annual DISH Theatre Awards, will welcome 400 people to the glittering event at the London Hilton on Jan. 14, and anyone who loves amateur theatre looks like an amateur next to this guy.

D'Haene, who will host the awards dinner alongside actor Bill Hill, watched 81 dramas and comedies, including shows at Western University, during 2013. His team of judges saw 26. "My partner says I spend a third of the year in the theatre," said D'Haene. "He says I'm crazy. "But I'm 52. If I was 30, I don't think I'd be doing it. But you have a different space when you're older and you appreciate giving back to the community that supported you."

So how good is amateur theatre in London?

"Theatre in London is thriving," said D'Haene. "It is very good. Even when it's bad I have giggle fits. There's always something to enjoy."

During the Fringe Festival in June, D'Haene can find himself seeing 15 to 20 shows within nine days, although lately he's been averaging five shows a week.

Now the excitement is building for the celebration of all things theatrical.

"It's great that they come out, they doll up," said D'Haene, who has plenty

The dish on DISH

- Tickets are now on sale for the DISH Theatre Awards, at the Hilton on Jan. 14.
- As well as the talents of Bill Hill and Donald D'Haene as hosts, it features live performances.
- Doors open at 6:30 p.m. and the awards begin at 8 p.m.
- Email donalddhaene@ hotmail.com to buy tickets.

of experience treading the boards himself, but now concentrates on roles in the wings, and being a writer.

"I love theatre," he added. "I love performing, and I think what I've learned is that my best role is as myself."



Donald D'Haene, left, and Bill Hill, co-hosts of the DISH Theatre Awards. CONTRIBUTE

'Healing with food and love'



Katie Christie is on a crusade, and it's all about food,

love and healing.

The former Western University student, who's now studying at the Institute of Holistic Nutrition in Toronto, was in London on Wednesday working for her cause.

She held a bake sale, with gluten-free and vegan treats, to help pay the bill for shipping bags of clothes to needy people in Latin America.

Just two weeks after setting up an organization called Global Holistic Healing, she's already raised \$2,000 through a series of

But Christie's enthusiasm goes further. Before the end of the year she's heading south to lead yoga and meditation in poor communities in Peru, Ecuador, Colombia and other countries.

As the poster at her stand in Western's University Community Centre stated, she's "healing with food and love."

"It's something that I feel in my heart," said Christie, who spent time in Latin

Positive vision

- Katie Christie's looking to collaborate with people who share her outlook and want to, well, change the world.
- She's especially interested in finding an airline or similar company that might help with shipping, freeing up the money she raises to cover other costs.
- She can be contacted via globalholistichealing.org.

America and felt driven to help people there. "We have an overabundance here in clothes and material possessions. It's actually stressing us out. It's too much.

"There, they don't have enough. I volunteered in Honduras, and I met people there who have just one dress. I donated clothes there and saw people's faces light up. It motivated me to want to give more."

MIKE DONACHIE/METRO

'Investment in the future.' Wynne ready to take Ont. pension plan into election

Premier Kathleen Wynne says she is determined to take a made-in-Ontario pension plan to the voters next election.

The provincial government really has no choice now that Ottawa has said no to improving the Canada Pension Plan, the premier said Wednesday.

"This is not a tax we are talking about. We are talking about savings. We are talking about savings. We are talking about an investment in the future, money that gets reinvested into the economy once it goes into these plans. I think this is the responsible way to go," she said. "We will be bringing a plan forward for retirement security." Doing nothing is not a solution, she added.

A general election could come as early as the spring if the minority Liberal government falls on the budget.

While details at this point are sketchy, Wynne said a plan for a mandatory provincial pension will be released in the spring. "Ontario has the capacity to do this," she said.

The business community



disagrees

"Before any further thought is given to hiking CPP/QPP or creating mandatory provincial plans, we are calling on ministers to commit to full public consultations," Dan Kelly, president of the Canadian Federation of Independent Business, said this week.

Vague plans for this budget started to gather momentum earlier this week when federal Finance Mininster Jim Flaherty slammed the door on calls from the provinces to increase the annual CPP benefits. The maximum now is \$12,000 a year but the average payment is \$7,000 a year. TORSTAR NEWS SERVICE

Canadians least likely to text greetings: Poll

Survey. Residents of British Columbia and Alberta more likely to text friends and family during the holidays

Would you dash off a quick text message to wish a friend or family member a Merry Christmas, Happy Hanukkah

or Joyous Kwanzaa instead of calling?

Cellphone-toting adians are less likely than their global counterparts to text a message home for the holidays, according to the results of an online Ipsos poll of 18,000 people in 24 countries.

Still, 59 per cent said they had done it in the past. That was actually the lowest percentage among the two-dozen countries involved in the survey and well below the global average of 73 per cent.

About 89 per cent of the respondents in Sweden, 84 per cent of South Africans, 83 per cent of Russians and 82 per cent of Spaniards and Indonesians had sent their

best wishes by text.
Canadian women were
more likely than men to text

their friends and family during the holidays (64 per cent versus 54 per cent of Canadian men).

About 46 per cent of the Canadians surveyed said they've used Skype, Face-Time or another video conferencing app to communicate with family members, compared to the global average of 42 per cent.

THE LCBO WINTER CRAFT COLLECTION

THE CANADIAN PRESS



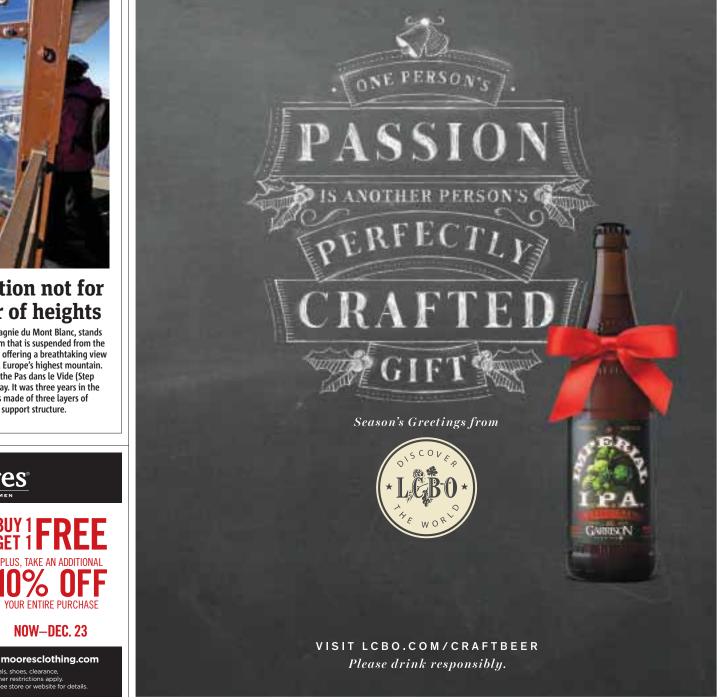
About 59 per cent of Canadians said they had texted holiday greetings in the past — well below the global average of 73 per cent. ISTOCK



New Alps attraction not for people with fear of heights

Mathieu Dechavanne, head of the Compagnie du Mont Blanc, stands in a glass cube with a see-through bottom that is suspended from the Aiguille du Midi peak in the French Alps, offering a breathtaking view a kilometre down, including Mont Blanc, Europe's highest mountain. Billed as the tallest attraction in Europe, the Pas dans le Vide (Step into the Void) opens to the public Saturday. It was three years in the making. It includes five transparent sides made of three layers of tempered glass fixed with metal to a big support structure.

ALEXIS MORO/THE ASSOCIATED PRESS





Russia approves new amnesty bill

Protesters. The bill could apply to Greenpeace activists and the two jailed members of the Pussy Riot punk band

Russia's parliament on Wednesday passed an amnesty bill that will likely apply to the 30-member crew of a Greenpeace ship detained after an Arctic protest, but it wasn't immediately clear if and when the activists, including two Canadians, would be allowed to leave the country.

A spokesman for Greenpeace said the organization had hoped Paul Ruzycki of Port Colborne, Ont., and Alexandre Paul of Montreal and 28 other activists could return home by Christmas, but that seems unlikely given the amount of red tape surrounding their release.

At the earliest, they may make it in time to ring in the new year, Diego Creimer told The Canadian Press.

The amnesty, which also would likely free the two jailed members of the Pussy Riot punk band, has been largely viewed as the Kremlin's attempt to soothe criticism of Russia's human rights records ahead of the Winter Olympics in Sochi next year. But opposition lawmakers argued it doesn't go nearly far enough and the complicated legislation appeared to leave many questions open.



Greenpeace International activists Philip Ball, left, from Britain, and Camila Speziale, of Argentina, embrace after hearing the Russian parliament passed an amnesty that would likely pardon them, in St. Petersburg, Russia, on Wednesday, DMITRI SHAROMOV/THE ASSOCIATED PRESS/GREENPEACE INTERNATIONAL

The State Duma on Wednesday voted 446-0 in favour of the carefully tailored bill, which mostly applies to those who haven't committed violent crimes, first-time offenders, minors and women with small children. Lawmakers said they expect about 2,000 people to be released from jail.

The Duma adopted lastminute amendments to the bill to include suspects of hooliganism who are still awaiting trial, a provision that could apply to the crew of a Greenpeace ship facing those charges after their September's protest in the Arctic.

THE ASSOCIATED PRESS

Still in limbe

Family 'cautiously optimistic'

The sister of one of two Canadian Greenpeace activists facing charges in Russia says she's "cautiously optimistic" that an amnesty bill passed Wednesday in Moscow will apply to them.

Patricia Ruzycki Stirling said the news brought some relief from the anxiety that has plagued her family for months, but the tightknit clan won't celebrate until Paul Ruzycki is back on Canadian soil. When he does arrive, however, his entire hometown will welcome him back with a massive party, she said.

"All he said was, 'We've been on this roller-coaster before,'" she told The Canadian Press. "He said, 'Things look good but please don't get all your hopes up until I call you and say I've signed my papers and we're headed to the airport,'" she said.

THE CANADIAN PRESS

Romania. Officials accused of taking bribes for giving tips on corpses

Some 26 Romanian police officers and ambulance employees have been charged with calling undertakers to tell them that someone had died — or in some cases were not yet dead — in exchange for money.

Officials say the suspects called funeral parlour managers about people who had died in car accidents or collapsed on the street.

Prosecutor Corina Para-

schivescu told The Associated Press on Wednesday that 26 officials, 10 of them police officers, had been charged. Six of them were under arrest for about a month because they were considered "a social danger." Local Romanian media reported that officials got up to 170 euros (\$235) for information on a fresh corpse. Police earn between 600 euros and 2,100 euros a month.

THE ASSOCIATED PRESS

Ukraine. PM promises financial stability after Moscow deal

Ukraine's leadership on Wednesday praised a Russia-financed bailout as a guarantee of financial stability, while opposition activists claimed the deal is likely to worsen economic troubles.

Russian President Vladimir Putin on Tuesday pledged to buy \$15 billion worth of Ukrainian bonds and sharply cut the price of natural gas in an effort to relieve political pressure on Ukraine's embattled president, Viktor Yanukovych.

Prime Minister Mykola Azarov told a Cabinet meeting that the deal with Russia ensures "people's confidence in a stable life," while an association agreement with Europe would have given Ukraine a "New Year's present" of "bankruptcy and social collapse."

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Thursday, December 19, 2013

NEWS 1.



Heroic guide dog ready to retire

Too old to guide.

Owner doesn't want to part with dog who leaped onto subway tracks to save him

Cecil Williams, who has been recovering at a hospital with Orlando still by his side, had been slated to get another working dog in January or February to replace the 11-year-old black lab who leaped onto subway tracks after his blind owner lost consciousness and fell off the station platform.

Now, he would ideally like to have two dogs — one working and one retired as a pet — if logistics, physical abilities and finances allow.

Christmas scam

Couple lied about stolen gifts: Cops

A Mississauga, Ont., couple who reported their Christmas gifts stolen — including an iPad for their son who has Down syndrome — have been charged with public mischief.

Peel police allege the pair fabricated the theft.

The man and woman claimed that they had been driving home from the mall on Saturday evening when a sheet of ice smashed their back window, causing their purchases to fly out of the vehicle and then stolen.

THE CANADIAN PRESS

If that's not possible, the family that raised Orlando as a puppy says it will be "absolutely thrilled to have him back," said Guiding Eyes for the Blind spokeswoman Michelle Brier. "They're very thrilled their little baby has made such a big difference."

Williams said on Tuesday that he couldn't pay for a non-working dog, so he was planning to look for a good home for Orlando. Guiding Eyes provides working dogs for free but cannot cover retired dogs' expenses.

St. Luke's-Roosevelt Hospital Center, where Williams is staying, has been fielding queries from well-wishers offering money and other assistance.

Williams said that if he does decide he's able to care for two dogs, he'd need help paying for the lab's care

The organization was setting up a fund and planned to post information on its website. If it turns out Williams doesn't need the money, it will be used for other guide dogs, according to Brier.

Williams, 61, and Orlando both escaped serious injury Tuesday when they were bumped by a train passing over them — a miraculous end to a harrowing ordeal that began when Williams felt faint on his way to the dentist.

Witnesses said Orlando barked frantically and tried to stop Williams from tumbling off the platform. Matthew Martin told the New York Post that Orlando leaped onto the tracks as the train approached and kissed Williams to entice him to move. THE ASSOCIATED PRESS

Australia. Tourist on her phone plunges off pier while browsing Facebook

A woman was walking along a bay in Melbourne on Monday night when she became distracted by her Facebook feed and plummeted off the pier into the chilly water, Victoria state police said.

A witness called for help and police rushed to the woman's aid. They found her flailing around in the water, about 20 metres from the pier.

"She was still out in the water lying on her back in a floating position because she told us later that she couldn't swim," Senior Constable Dean Kelly of the state water police told the Australian Broadcasting Corp. "She still had her mobile phone in her hand and initially she apologized and said sorry."

The woman was taken to a hospital for treatment.

"With Facebook, or social media in general as far as we're concerned, if you're anywhere near the water just pay attention," Kelly said. "Especially if you can't swim."

THE ASSOCIATED PRESS



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Thursday, December 19, 2013

Rescued crane operator suffers severe burns after massive fire

Kingston, Ont.

Authorities concerned damaged crane could come crashing down

A 68-year-old construction worker stranded atop a crane at the centre of a massive fire in Kingston, Ont., was "severely burned" before a military helicopter was able to navigate smoke and leaping flames to airlift him to safety.

Adam Jastrzebski, who had burns to his hands, legs, back and buttocks, was recovering in hospital Wednesday after his dramatic rescue a day earlier, said his employer at Canadian Professional Crane Inc.

"He's in severe pain right now in the hospital and they're giving him morphine," said Aram Malek.

"I'm just surprised no one got hurt more than that be-

cause the fire was enormous."

Firefighters from neighbouring communities had to be called in on Tuesday afternoon to help Kingston crews battle the flames which had engulfed an apartment building that was under construction.

A crowd watched from the streets as the crane operator got out of his cab, crept along the boom of the crane to its very edge and waited to be rescued by a team from CFB Trenton.

Meanwhile, authorities focused their attention Wednesday on the charred crane which towered above the still-smouldering remains of the building at the heart of the blaze.

"Right now our biggest risk is having that crane in its current condition," said Kingston fire chief Rheaume Chaput. "It's been impinged by fire and is in a damaged condition. So we want to make sure we make that safe, get that down."

THE CANADIAN PRESS



Members of 424 Squadron, from left, Capt. Jean-Benoit Girard-Beauseigle, Master Cpl. Matt Davidson, Cpl. Iain Cleaton, Sgt. Cory Cisyk and Capt. David Agnew, pose for media at CFB Trenton on Wednesday. Inset: Sgt. Cisyk rescues a crane operator who was stranded at the end of his crane during a huge fire in Kingston, Ont., on Tuesday. Lars HAGBERG/THE CANADIAN PRESS

Fatal disaster

Rail service resumes in Lac-Mégantic

Trains are rolling through Lac-Mégantic, Que., for the first time since last summer's deadly rail disaster.

Rail service resumed Wednesday in the town where a runaway train carrying crude oil derailed and exploded in July, killing 47 people.

The crash also destroyed part of Lac-Mégantic's down-

Many locals are still trying to cope with the disaster and have mixed feelings about the train's return to the railway-dependent community.

Businesses along the railroad say the service is vital for the town's economy.

The first train arrived at the Tafisa Canada plant in the town's industrial park to pick up a load of particle board. While it was there, tests were carried out to ensure signals were functioning properly on its route out, which took it through the centre of the town.

The train headed to near-

by Sherbrooke after leaving the Tafisa factory.

The gradual return of freight trains to Lac-Mégantic must follow strict rules and conditions.

For now, no dangerous substances will be transported through the town, which is about 250 kilometres east of Montreal.

The track is still owned by Montreal, Maine & Atlantic Railway — the company at the heart of the disaster.

The insolvent railway is expected to be sold in the coming weeks.

THE CANADIAN PRESS

Reporter drops suit against Ford

In a statement released on Wednesday night, Toronto Mayor Rob Ford has retracted statements he made about Toronto Star reporter Daniel Dale.

Dale responded on Twitter, saying he won't be proceeding with a defamation lawsuit against Ford.

The reporter says he appreciates Ford's "complete retraction and unqualified apology," and he's glad the truth is no longer in dispute.

Dale served Ford last week

with a libel notice, demanding he retract all of his false claims about what happened during an incident near Ford's house in May 2012 and issue an "unreserved, abject, complete apology."

During a televised interview with Conrad Black, which aired Dec. 9 on VisionTV, Ford claimed that Dale was in his backyard, "taking pictures of little kids" — a claim he has now retracted.

Dale says he won't be tak-

ing legal action against the mayor, and is looking forward to getting back to work.

Dale has said he was writing a story about a plot of public land adjacent to Ford's house that the mayor wanted to buy, so he went to take a look when the mayor emerged from his home to confront him.

The reporter has said that at no time was he on the mayor's property nor did he take any pictures.

THE CANADIAN PRESS



Convicted in Thailand

Evidence shows B.C. man viewed child porn: Crown

The Crown says police have uncovered evidence that suggests a B.C. man who spent five years in a Thai prison for sexually abusing children has viewed child porn since his return to Canada. Christopher Neil hadn't been charged in Canada, but prosecutors successfully sought conditions under the Criminal Code designed to protect the public. THE CANADIAN PRESS

Far North

Life expectancy of Inuit trails rest of Canada

A new Statistics Canada study shows Inuit life expectancy still trails that of the rest of the country. Among Inuit men, the main reason for the lower life expectancy was injury, particularly self-inflicted injury among males aged 15 to 24. Among Inuit women, the gap in life expectancy was attributed to cancers and respiratory diseases.

THE CANADIAN PRESS

Not snow smart

Tracks in fresh snow lead police to B&E suspect

Police in Windsor are crediting fresh snow with helping officers nab a break-in suspect. Police say a woman called 911 just before 3 a.m. Wednesday after seeing someone taking a screen off her window. When officers arrived they saw fresh footprints in the snow. John Turpin, 31, faces a number of charges including theft and break and enter.

EVERYONE WINS!!!

BUSINESS 13

Canada Post chief defends service cuts, higher rates

CEO Deepak Chopra.

'Over the years the mail has changed in shape and size, and so are we'

Just as what it delivers is changing dramatically, Canada Post must make difficult changes to keep pace in the digital world, the head of Crown agency told a Commons com-

mittee Wednesday.

In defending the corporation's proposed service cuts and price hikes, Canada Post CEO Deepak Chopra told the Commons transport committee the changes are necessary in order for the carrier to survive.

"If the mail is changing its shape and size, don't we think the mailbox should change its shape and size too?" Chopra

Disruption

The head of the Crown agency told the committee that, in 2007, Canada Post profits began to drop off as people and businesses turned to digital communication.

That decline picked up speed in 2010, he said, with the introduction of computer tablets.

"So what we're trying to do is adapt (to) the changing needs of Canadians."

It was the first time Chopra spoke publicly since the announcement last Wednesday that Canada Post plans to phase out door-to-door mail delivery in urban centres over a fiveyear period — something the corporation's union says it will fight to the last breath

Instead, mail would be delivered to communal neighbourhood "superboxes."

Under the proposal, the cost of stamps will also rise sharply, by more than 50 per cent. Chopra struck a positive tone during his nearly one-hour ap-pearance at the committee, but said difficult choices had to be made.

"We believe Canada Post will remain a relevant, meaningful participant in the lives of Canadians," he said. "Over the years the mail has changed in shape and size, and so are we.'

That change, said Chopra, means concentrating more on delivering packages and less on putting paper letters in mail slots

THE CANADIAN PRESS



You spin me right 'round

Assaf Biderman, co-inventor of the Copenhagen Wheel and associate director of the SENSEable City Laboratory at MIT, poses with his invention at Superpedestrian, his venture-backed company in Cambridge, Mass. The startup is launching a new device that transforms almost any bicycle into an electric-hybrid vehicle using an app on a smartphone. THE ASSOCIATED PRESS

Latest setback

China Bitcoin exchange bans yuan deposits

BTC China, the biggest Bitcoin exchange in China, is no longer accepting yuan deposits. This comes two weeks after China's central bank said the country's banks and payments systems were barred from handling the virtual cur-

Market Minute





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VOICES

TURKEY TROUBLE? LET'S TALK

Ithink I've finally found my calling—specific-

ally, my turkey calling. This holiday season, millions of Canadians from coast to coast will spend hours on the painstaking preparation of their Christmas turkey. And I want to take them under my wing.

You probably don't realize this, but I have been certified as the best Metro columnist/turkey preparer who uses my keyboard. And it's not often you hear those sorts of qualifications. In fact, family members and co-workers alike have long said that when they think "turkey" they think "John Mazerolle."

I owe my love and intimate knowledge of tur-key to the Internet. Namely, butterball.com, which I can say without hyperbole is the best tur-key preparation website I have ever seen this week while preparfor a column that is due in less than an hour.

Butterball's set-up is really something. Did you know they've had a 1-800 talk-line for decades that people can call if they're hav-



John Mazerolle

metronews.ca

ing turkey trouble?

You call and "turkey experts" help you with what one recent television news report called your turkey crisis." This is fabulous. I can't count the number of times some turkey-related event has cropped up in my life and I acted like a birdbrain—my prom night/pet turkey "incident," just for starters. And help was only a phone call

away.
"Open every November and December, our 50+experts answer more than 100,000 questions, in both English and Spanish, for thousands of households around the United States and Can-

ada," the website chirps. What's more, the turkey talk-line call centre even added something special this year for the

very first time: Men. This is where my calling comes in: I want to talk turkey. As a certified turkey expert, I would like be part of this important and

For instance, I could explain to guys like me the importance of making sure the bird is not past its best-before date. (In my 20s I had several turkeys I received as Christmas bonuses ruined by two years in the freezer. When the third turkey arrived, the two-year-old bird would get the boot.)

I also believe I could help with the efficiency of those 100,000-plus calls. I can assure you that by about the 300th time I was asked where the meat thermometer goes, I would have sever-

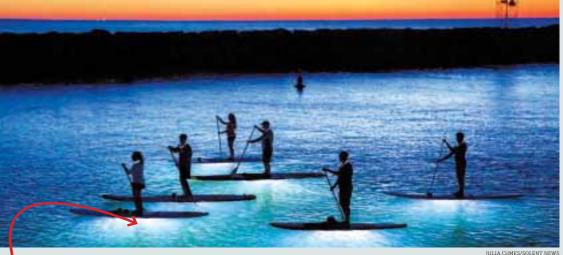
al alternative answers at the ready.
Without being sexist, I think I can say men deal with problems without being sext, it limit realisay increase with probeins in their own special way. I'm sure the women giving thoughtful, detailed instructions over the phone will appreciate the counterpoint of me barking, "What do you mean it won't fit, force it!" and "It's filine, I'm sure it's filine. It's probably fine."

Imust admit, also, that I like the idea of joining this flock be-

cause I assume all-you-can-eat turkey is a job perk. Which will be great for me, because despite my credentials and intimate knowledge of turkey, I've never actually cooked one successfully. White and dark meat, please. And cranberries if you've got them. Gobble

ZOOM

Glow with the flow



LED lights added to paddle boards

The dark silhouettes of moonlit paddlers appear to be walking on water. The stand-up paddle boarding enthusiasts took to the water with specially-made LED lights strapped to the bottom of their boards. The surreal image captures the moment Justin Labdon and his $team\, of\, paddle\, boarders$ headed out of a harbour in Dennis, Mass., one night. METRO



"Standing on the jetty photographing down, what

I saw was even more beautiful and surreal than I was expecting."

Julia Cumes, 41, photographer based in Cape Cod, Mass.

Sea life attracted to board lights

The LED lights strapped to the bottom of the boards attract fish, including squid, blue fish and big striped bass, says Justin Labdon, owner of Adventure Chatham. Asked by Metro whether the light would entice larger predatory sea life, Labdon replied, "We don't venture out to shark-inhabited areas, but I would assume they might be attracted to the light as well." METRO

LED water sports

- \$300 per LED-lit paddle board.
- AdventureChatham offers night-time paddle boarding excursions when there is a full moon out.
- Paddles with LED lights at the end are being considered as his company's next novelty water sports experi ence, says Labdon.



If you've yet to complete your Christmas shopping by now, then you're in for a wild ride -



looking for a parking spot at the mall that is. A congested parking lot full of drivers with short fuses can turn into a real-life nightmare before Christmas. These apps will make looking for a parking spot the least of your worries during the busy shopping season.

Parkopedia:

This app works on all mobile platforms and is like Wikipedia for parking spaces. The creators have set out to map every parking lot and parking space in the world and so far has data, contributed by users, from 28 countries, covering over 25 million parking spots. The app can give directions to the parking space; provide real-time availability, and prices and payment options for parking.

ParkMe:

ParkMets.

ParkMets an award-winning free app for iOS and Android that works to help you find the cheapest and closest parking spaces by providing the cost of parking before you arrive at your destination and lets you compare options. This app works in the U.S., Canada and in European cities.

@metropicks asked: Calgary cabbies are eyeing a puke penalty to cover the cleanup cost. What is a sufficient penalty for puking in a cab?

@Cory_Boehm: A minimum of \$200 seems more than reasonable.

@Canucklehead ca: So drunk you puke in a cab? I suspect the next morning will present it's own penalty. Maybe two if you have an unknown

@ryanjordandyck: can we get back to

the real cab issue? Horrible customer service and lack of accountability? #yyc

@DeafPoet5: I dispatch at an Edmonton company. The going rate for screaming groceries is about \$75, depending on how vile the mess is.

@jpmacnab: I think it is \$ 50 in Ottawa

@santanapoptarts: barf bags extra large size and \$10 keep it real, but the puker must realize its gross and ur in a cab #poordriver

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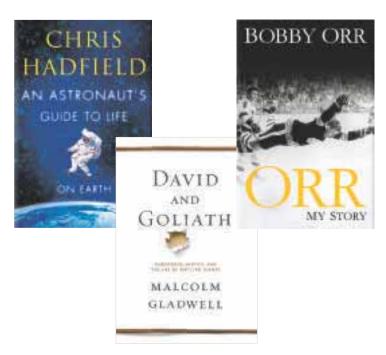
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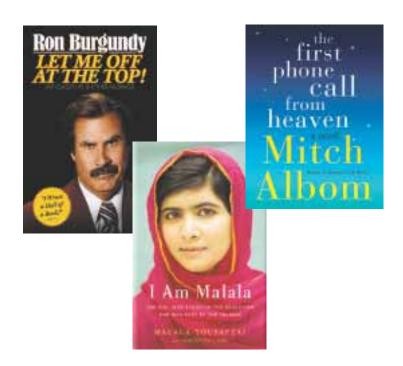
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AKUA's down-to-earth direction

Independent woman.

Synth-soul artist A K U A wants to do it all herself



BACKSTAGE PASS Mila Petkovic london@metronews.ca

She's not your typical Disney mermaid.

A strong but vulnerable woman who needs no prince to feel complete. Akua Carson (performing under the name A K U A) plays the part of mermaid who is held captive but ultimately released by a fisherman in the music video for the song Gravity, off her EP One's Company. Born and raised in London, the Montreal-based synth-soul artist recently opened for Solange (Beyoncé's sister), gaining her a spot on the singer's tour as a backup singer.

A K U A is taking some time this holiday season to play a set at A Winter Spectacular Festival on Thursday night in her hometown

Her brother, a music video producer living in Los Angeles, worked with her to create her underwater vision. After labouring over pre-production details for months — including a 30-pound tail — they found themselves in the middle of the ocean off the coast of Florida.

"I booked the five of us a snorkeling tour. Then we showed up with tons of gear for the video. Good thing the guy was totally down," she laughs.

The video plays on the



Around town

Underground tunes:
 Underground Sound (538 Adelaide St. N.) is featuring a night of seven local bands playing their favourite covers on Friday. It starts at 9 p.m. Admission is \$5.

themes of human nature and

how our flawed attitudes af-

fect the environment and each

minds that we are the centre of

"We made it up in our

everything. Let's just take animals and confine them because they are beautiful. It's as absurd as slavery," says A K U A.

Founder of the Out of

Sound music label Adam

at Forest City Gallery on

Saturday at noon.

Sturgeon will be running a

free silk-screening workshop

• Get silky:

The video also plays down the sexy siren aspect of the

mermaid and portrays her more as a creature of the sea. This down-to-earth, DIY artist does a fair amount of her own song production and recording.

"Exploring production and writing at the same time is like a third dimension," says A K U A."I never thought I would 'nerd out' to learn the basics, but the more you do the less scary it is."

The self-assured yet humble artist wasn't always so confident in her abilities. The title of her EP, One's Company, is derived from a personal slogan during a period when she was

learning to stand on her own after a difficult breakup. It was at this time that she began to take her music more seriously.

"I used to think you have to amount to something concrete and measurable. ... It's been a big step for me to unlearn that mentality," she says. "I am more and more becoming myself and embracing being an artist."

A K U A plays at A Winter Spectacular on Thursday at The Loft (Dundas and Wellington).

The festival runs through Sunday and features 20 bands. All shows are \$5 with a nonperishable food donation.

PUS CENTENNIAL HALL 8:30 PM NO SALE TO MORROW AT 10 AM WHINDRES OF NINES EVERYORE PLAYS! WHORE SET TO MORROW AT 10 AM TICKETS ALSO AT THE CENTENNIAL HALL BOX OFFICE. WHORE SET TO MORROW AT 10 AM TO MO



Willis and wife expecting baby number two

Bruce Willis is reportedly set to be a father once again, with wife Emma Heming expecting the couple's second child, according to Us Weekly. Willis and Heming are also parents to oneyear-old daughter Mabel, while Willis also has three daughters — Rumer, Scout and Tallulah — with ex-wife Demi Moore.



LeBrock arrested for driving under the influence

Weird Science star Kelly LeBrock was arrested on suspicion of driving under the influence following a routine traffic stop in Santa Barbara last month, according to E! News. The model and actress — famous for her "don't hate me because I'm beautiful" Pantene ads from the '80s — failed to stop at a stop sign and was exceeding the speed limit and straddling the double yellow line when cops pulled her over. She then reportedly failed field sobriety tests and was arrested "without incident."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lawrence condemns fat insults

Jennifer Lawrence is going on the offensive when it comes to Hollywood's warped body image standards. "I just think it should be illegal to call somebody fat on TV," the star tells Barbara Walters in an interview. "Because why is humiliating people funny? I get it, and I do it too, we all do it. But I think when it comes to the media, the media needs to take responsibility for the effect that it has on our younger generation, on these girls who are watching these television shows and picking up how to talk and how to be cool."



Roberts did not relish a bit of rough and tumble with Streep

Surprisingly, Julia Roberts didn't relish the opportunity to tackle Meryl Streep and wrestle her to the carpet in August: Osage County, she revealed during a post-premiere Q & A. "I didn't look forward to it," Roberts says. "It's not how I saw the dream of my time with Meryl Streep. But she was a worthy opponent. She was

not going down without some scratches and some heels in thighs." And while there were stunt personnel on hand to help the actresses, Roberts handled her tackling herself, apparently. "Julia didn't need a

stunt double because she's plenty tough," Streep says.





@Johncusack

So good to check back in with CNN every few years —
Piers Morgan in a fiery debate with Ann Coulter whether
Spata is white



@JuddApatow

When someone says there was too much marketing of Anchorman 2 I usually say 'you go up against The Hobbit without marketing. FU grandma!'



@oliviawilde

I broke into @jayleno's dressing room and stole one of his jackets for my fetus.



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Their style is in the stars

Forget trying to break your giftees down into the usual gift guide categories of personality type or price. We spoke to identical twin sisters Tali and Ophira Edut, a.k.a. The AstroTwins, to find out what each star sign typically desires when it comes to the season of goodwill.

METRO WORLD NEWS

Aries

"As a fire sign, Aries are very competitive. They rule the head and are always thinking of ways to improve their lives. So accessories that draw attention and frame the face, like hats, earrings and makeup, would be good options."

Maison Michel boater \$616, net-a-porter.com



Taurus

"The bull likes items that are practical and durable. They want luxury things that are built to last. Purposeful items, like pajamas and shoes, with an understated design will work best for this Earth sign."

Frends Layla leather and rose gold headphones \$214, net-a-porter.com

Gemini

"Those born under this air sign are very eclectic. They have a bit of a wacky, boho style. Channel the Olsen twins and you won't go wrong. They're very curious and love to explore. Opt for natural fabrics and fruity fragrances for bonus points."



llse Jacobsen lace up wellies \$164, gift-library.com

Libra

"Libras love presents that look pretty. They have a very girly sense of style, so opt for jewellery or chocolates that are decadent and have a beautiful aesthetic. Try cosmetics that feel indulgent rather than just



Laura Mercier almond coconut milk honey bath \$51, johnlewis.com

Scorpio

"The most sensual of the signs, Scorpios love to embrace a dramatic atmosphere. Choose items that are dark and indulgent. They have expensive taste and love exclusives."

Elle Macpherson Intimates lace bra



Sagittarius

"Ruled by the sun, Sagittarians are always on the go. They love bold colour patterns, especially citrus combinations. As they travel a lot, items that make plane rides and road trips easier or more fun would be good options."

Lotus Wei Pure Energy mist \$48, beingcontent.com



Cancer

"The home is where Cancers feel most comfortable. They have an almost grand-motherly style, which extends to their wardrobe too. Pearls, old fashioned prints and pastel colours suit them best."

Penhaligon's Bluebell eau de toilette \$140, penhaligons.com



Leo

"Big, bold and outgoing sums up this fire



sign. Leos are very
outgoing and love to
socialize. So look for
gifts that have a cool
and unusual pattern
or anything with
dazzling embellishments."

Marc by Marc Jacobs tablet case \$40.60, shopbop.com

Virgo

"They are worriers and extremely neurotic. Anything that encourages relaxation and sends them a subtle sign that they need to unwind and calm down would be good. Choose things in pretty colours that are soothing."

eKO lite yoga mat \$48, manduka.com

Capricorn

"An Earth sign that loves luxury items — but only if they are built to last. Capricorns want good quality items with a minimalist design. Although, they sound hard to please they are, in fact, very down to earth and adore practical presents."

Leather wrap gloves \$64, stories.com

Aquarius

"Those with the eleventh sign are gypsies at heart. Anything that embraces their boho, wacky style would be warmly welcomed especially colourful jewellery and bold prints."



Lucy Folk silver taco bracelet \$115, matchesfashion.com

Pisces

"The most dreamy and mystical of the signs, Pisceans adore anything that embraces this side of their personality. Good options include natural and precious materials that help towards creating a serene atmosphere or channeling positive vibes."

Essential oil soy wax candle \$30, bsabcandles.com





metr⊕ 22 **STYLE** metronews.ca Thursday, December 19, 2013



TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.





Canadian street style

Spotted in: Toronto

Name: Jenny

Age: 25

Occupation: Transit employee

What she's wearingVintage fur jacket, G4Life sweater, Versace pants, backpack and brooch, Michael Kors watch, Bamboo booties, and gold glasses purchased off EBay.

"L.A. style and my very fashionable twin sister (she is my biggest style inspiration!)"

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGA-ZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT - AN E-NEWSLETTER PROGRAM - AND A WEEKLY NEWSPAPER SECTION TOO!



Online throw

I'm obsessed with the colour rose gold this holiday season. Not as harsh as classic gold or silver, this complimentary hue is great for all skin tones. Go online to Trends Report to see the rose gold accessories and makeup I've found, and for some last minute fashion and shopping tips.

- Online. Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/ trends-report
- Credit. Images courtesy of Sephora (makeup), Charming Media Inc (jewellery).





The Essential Holiday **Eye Palette from Clarins** featured in Metro last week is not available in Canada. Metro apologizes for the error.











HOLIDAY GIVEAWAY EVER!

VISIT WHITE OAKS MALL EACH WEEK BEGINNING NOVEMBER 15TH THROUGH DECEMBER 20TH AND ENTER FOR YOUR CHANCE TO BE ONE OF TWO WEEKLY QAULIFIERS.

ON DECEMBER 23, 2013 TEN QUALIFIERS WILL HAVE A CHANCE TO WIN A FIAT 500, A TRIP TO LAS VEGAS, TWO ANNUAL MEMBERSHIPS FOR THE CITY OF LONDON MUNICIPAL GOLF COURSES AND A \$1000 WHITE OAKS MALL GIFT CARD.



In order to be eligible to win the grand prize, you must follow these requirements and your entry must be received between Friday, November 15, 2013 and Friday

1. You must fill in your name, mailing address with postal code, e-mail address and telephone number into the contest computer kiosk located at White Oaks Mall in the Bay Court or submit at White Oaks Mall a completed entry form during the contest period. All ballot entries are subject to verification and will be declared invalid if they are incomplete, altered or tampered with in any way.

2. You can submit only once during any one week and can enter multiple weeks up to a total of five (5) entries as per weeks listed below November 15, 2013 9:30 a.m. to November 22, 2013 9:30 p.m. November 23, 2013 9:30 a.m. to November 29, 2013 9:30 p.m. November 30, 2013 9:30 a.m. to December 06, 2013 9:30 p.m. December 07, 2013 9:30 a.m. to December 13, 2013 9:30 p.m December 14, 2013 9:30 a.m. to December 20, 2013 9:30 p.m.

Each week during the contest period two (2) qualifiers will be selected for the final Grand Prize draw. A qualifier can only qualify once during the contest period All qualifiers must be present on December 23, 2103 at White Oaks Mall to be declared a Grand Prize Winner.

* Visit WhiteOaksMall.ca for full contest rules.

ONE ENTRY PER WEEK[†].

news at your fingertips



Download the Metro app today



Google Play is a trademark



Mid-century mash-up

The 1950s and '60s have offered up a lot of home-decor inspiration over the past year — anything retro or vintage-influenced is hothothot. The look is a mishmash of past design that can encompass a trip to the parental basement or a hunt through a vintage shop, and retailers have cleverly channelled it. Here are some trendy and stylish products to transport you back to a Mad Men era.



DESIGN CENTRE Karl Lohnes home@metronews.ca



Shiny citrus tones against deep grey stoneware lends retro style to dinner parties. Verte Dinnerware 16-piece set, \$79, urbanbarn.com.



Adorn your dresser with heirloom-style brooches without robbing Mom's jewel box. Keepsake Brooch Knob, \$14 US, anthropologie.com.



Save your quarters with this modernized pay phone and savings bank all in one; the perfect wall phone for calling a taxi. Crosley Vintage Style Pay Telephone, \$90, sears.ca.









Straight out of Granny's china cabinet, fanciful flatware dresses up a modern table. Flores Flatware, from \$7 per piece, zarahome.com.



metronews.ca
Thursday, December 19, 2013

No need to be bitter if the eggplant sandwiches turn out a little cheesy

Ingredients

4 portions

- 1 whole egg
- 2 tbsp water or 2% milk
- 1 cup seasoned dry bread crumbs
- 3 tbsp chopped fresh parsley
- 3 tbsp grated Parmesan cheese
- 1 tsp minced fresh garlic
- 10 slices of eggplant, skin on
- 3/4 cup tomato sauce
- 1/2 cup shredded partskim mozzarella cheese
- 1/4 cup grated Parmesan



Eggplant, a healthy vegetable, is often loaded with fat and calories from the amount of oil used in frying or sautéing it.

This baked version omits the oil, and it turns out great! Purchase fresh young eggplant; when overripe, it becomes bitter. If the skin doesn't spring back when pressed, then it's too old.

- **1.** Preheat the oven to 425°F (220°C). Spray a large baking sheet with cooking oil
- **2.** Whisk the egg with the water in a small bowl. Combine the bread crumbs, parsley, Parmesan and garlic on a plate, mixing well. Dip the eggplant in the egg mixture, then coat with the bread crumb mixture. Place on the



prepared pan. Bake, turning once, for 20 minutes or until tender.

3. Spread half of the tomato sauce in a large casserole

dish. Place 5 eggplant slices over top. Top each with remaining tomato sauce. Add half the mozzarella cheese and top with remaining eggplant slices. Top with remaining mozzarella and Parmesan. Bake for five minutes or until the cheese is melted.

Preparation time 10 minutes Cooking time 25 minutes Mind the App

How to make Substitutions



MIND THE APP Kris Abel @RealKrisAbel

iPhone/iPad \$0.99

Holiday meals can be tricky with guests who have allergies or special needs. This handy reference will help you pick out replacement ingredients without changing recipes or abandoning family traditions





CHL rankings

Knights make leap into nation's top 5

The London Knights moved from ninth to fourth in the Canadian Hockey League rankings released Wednesday.

The Knights have only lost six games in 34 starts this season.

Their OHL rival Erie Otters are first in the rankings with Kelowna (WHL) second and Blainville-Boisbriand (QMJHL) third.

The weekly rankings are selected by a panel of NHL scouts. METRO

Skeleton

Vancouver hero in danger of missing Sochi Games

The man who gave the host country one of its most memorable moments of the 2010 Winter Olympics faces long odds to compete at the next Winter Games.

Jon Montgomery's gold

medal in skeleton at the Whistler Sliding Centre and his subsequent auctioning off of a pitcher of beer in the village



square elevated him to folk-hero status. But the 34-year-old from Russell, Man., might not make the 2014 team for Sochi, Russia.

Montgomery's results the last season and a half haven't met Bobsleigh Canada Skeleton's criteria. He needs to hit the ball out of the park and also have little luck in the four races he has left to qualify before Jan. 19. THE CANADIAN PRESS

Lightning 'getting close' to stability

NBL Canada. Team brass says roster turnover part of nature of playing in league



DAVE
LANGFORD
dave.langford@metronews.i

The revolving-door syndrome is something the London Lightning would like to avoid.

But so far this season, they haven't done a very good job of doing so.

So much so that Lightning general manager Taylor Brown sent out a statement Wednesday, explaining the team's player transaction policies.

This came a day after Lightning crowd favourite Gabe Freeman and the National Basketball League of Canada team parted company, at Freeman's request.

Freeman is the fourth player from the team's Opening Day roster to leave. He joins Antwi Atuahene, Al'Lonzo Coleman and Raheem Singleton on the outside looking in. Eight remain.

The move also leaves forward Tim Ellis as the only remaining Lightning player from the team's first season, two years ago. Ellis, for one, understands there may be angst among some fans.

"Some of the fans get attached to some of the players, so it's a little hard for the fans, but you have to look at the big picture and try to win championships," Ellis, 32, said.

Head coach Micheal Ray



Richardson said player changes in minor pro basketball is a way of life.

"Fans don't know what really goes on a lot of times. So they are entitled to their opinion," Richardson said. "But as a coach, I've got to do what is best for the basketball team.

"We are definitely getting close. Everything is beginning to fall into place."

That will be good news for Brown, who has to find the replacement players and let the ones go whom the team feels should move on. It's the worst part of his job, he admits.

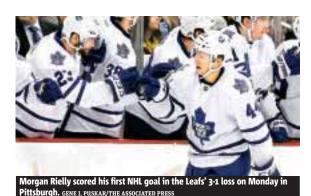
Brown points to the NBA Development League that has had more than 300 transactions since it began Nov. 14.

"It's a unique situation here in that we have to walk a fine line," Brown said. "As soon as we brought the team to London, we were told that if you don't have a winning team, you're not going to survive in London "But we also realize that there's lot of fans that have favourite players and they get attached to players. It's tough."

Freeman was just such a player.

"We can only have 12 players on a team, and you need 10 guys that you know 100 per cent that they can produce or you're not going to win," Brown said. "It's not like the NBA where you can have 15 guys and have three guys that are just fan favourites."

Juniors denied Rielly's service for Sweden



Team Canada's defence — and its potential leadership core — took a bit of a body blow on Wednesday with word that the Maple Leafs intend to keep 19-year-old defenceman Morgan Rielly in the NHL.

There had been hope from Hockey Canada that the Leafs would loan the rookie to the world junior entry that is currently in camp in Copenhagen preparing for the tournament that begins on Boxing Day in Malmo, Sweden.

"Disappointment for sure," Scott Salmond, Hockey Canada's director of player personnel, told TSN. "Yeah, it was a longshot, but we were hopeful."

The Leafs' decision at least adds certainty for both Rielly and the Leafs, but it puts the focus more squarely on the eight — mostly inexperienced — defenceman in camp for Team Canada.

Rielly played last year — played well — and would have been a candidate for captain.

As things stand, only three players are returning from last year's squad: Forward Jonathan Drouin, defenceman Griffin Reinhart and goalie Jake Paterson. Paterson didn't play at all last year as Canada's third goalie. Drouin is skating again after suffering a concussion a few days before Team Canada opened camp.

Reinhart comes with baggage: He must still serve three games of a suspension he incurred last year, meaning he won't be available until the last game of the preliminary round.

That means Canada will start with a defensive core that has no U20 experience.

TORSTAR NEWS SERVICE

metr⊕ **SPORTS** metronews.ca Thursday, December 19, 2013

Stafford has Lions in a tailspin



NFL. Detroit and struggling QB must win final two games to qualify for post-season

Matthew Stafford put the football where only Brandon Pettigrew could catch it, lofting it over a linebacker to the tight end right in front of a defensive

Stafford's perfect pass put him in a position to throw a goahead touchdown for the Detroit Lions against Baltimore.

All was well — for a moment.

Detroit's defence failed to stop the Ravens from setting up Justin Tucker for a sixth field goal and Stafford threw his third interception of the game on his next snap to seal an 18-16 setback Sunday.

Stafford has been in a slump and so have the Lions.

He has 12 turnovers over the last five games as Detroit has dropped from first to third place in the NFC North.

Instead of being in con-

trol of their post-season fate, the Lions have to beat the New York Giants at home and Minnesota on the road while hoping Chicago and Green Bay both lose at least one game to rally for a spot in the playoffs.

You have to move forward from it and go try to win the next two," Stafford said Sunday.

Stafford wasn't available for interviews Wednesday - his weekly session with reporters was pushed to Friday — but his backup, Shaun Hill, and running back Reggie Bush were willing to defend the quarterback.

"When you play this position, you get more credit than you deserve when things go well and more blame than you should when you don't," Hill said. "People have a lot of opinions when they're watching, but it's impossible to explain what it's like to be an NFL quarterback. It would be cool if someone could come out with something to see what a quarterback actually sees on a

Coach Jim Schwartz tried to deflect criticism of the turnover-prone Stafford on Tuesday toward his teammates, saying they could all do more to help

Stafford, though, is taking the brunt of the blame for Detroit going from 6-3 and being in sole possession of first place after beating the Bears on Nov. 10 to 7-7 and facing the possibility of not making the play-

He has an NFL-high 12 turnovers since Week 11 — three more than Eli Manning of the New York Giants and Geno Smith of the New York Jets.

THE ASSOCIATED PRESS

Is it all his fault?

"It's not just all on Stafford and we know that.... That's why we don't put all the blame on him."

Detroit running back Reggie Bush, sticking up for his under-fire quarterback

NHL

Blues sign Steen to three-year, \$17.4M deal

The St. Louis Blues have agreed to a \$17.4-million US, three-year contract extension with forward Alex Steen.

Steen has 22 goals and 14 assists in 33 games this season. The 22 goals are tied for second in the NHL, trailing only Alex Ovechkin of the Washington Capitals.

His 36 points are good for ninth in the league.

The 29-year-old Winnipeg-born Swede was set to be an unrestricted free agent this summer. Instead, he'll have a cap hit of \$5.8 million over the next three seasons.

In 570 career games with Toronto and St. Louis, Steen has 145 goals and 194 assists.

His start this season represented a breakout performance.

He scored 20 goals in his first 24 games in 2013-14, becoming the fastest player in franchise history to reach that plateau since Brett Hull in 1990-91.

THE CANADIAN PRESS

NHL. Wings hope the great outdoors is a cure for ills

The sky wasn't so bright; Pavel Datsyuk didn't need to wear eye black.

"No sun," he said. "In Detroit, no sunny days. We start winning it might be sunny."

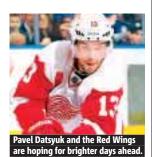
These are gloomy days for the Red Wings, losers of six straight dating to their last victory Dec. 6. Amid a torrent of injuries, they spent Wednesday afternoon practising outdoors at Comerica Park with the hope that will get them re-focused.

Coach Mike Babcock fondly recalls playing on a frozen pond near Wapoos Bay in Leaf Rapids, Man., growing up. The stadium that Major League Baseball's Detroit Tigers call home isn't that, but it was still special for him and his players.

"You try to do enough teambuilding stuff throughout the year to change things up, to break up the monotony," Bab-cock said Wednesday afternoon standing on what's usually the middle of the infield.

There are a lot of things to get right given that the Red Wings have scored a total of seven goals in their past six games. They've picked up two points from shootout losses, but that's all they have to show for a week and a half of play.

Naturally, the mood inside



the locker-room hasn't been

AL BELLO/GETTY IMAGES

Injuries have a lot to do with the losing. The Red Wings are missing eight regulars, including captain Henrik Zetterberg (back), goaltender Jimmy Howard (knee), forwards Johan Franzen (concussion), Justin Abdelkader (concussion), Stephen Weiss (groin), Gustav Nyquist (groin), Darren Helm (shoulder) and defenceman Danny DeKeyser (shoulder).

Veteran winger Daniel Alfredsson didn't skate Wednesday, but Babcock explained it as a 41-year-old getting a day off. Alfredsson missed five games in November with a groin injury, and if he's unable to play Thursday against the Calgary Flames, that's another hole to fill. THE CANADIAN PRESS

EASTERN CONFERENCE ATLANTIC DIVISION

NHL

	GP	W	L	0L	GF	GΑ	I
Boston	34	23	9	2	94	70	4
Montreal	36	21	12	3	91	76	4
Tampa Bay	34	20	11	3	93	82	4
Detroit	36	15	12	9	91	99	3
Toronto	36	17	16	3	99	105	3
Ottawa	35	14	15	6	99	113	3
Florida	35	13	17	5	81	110	3
Buffalo	34	8	23	3	59	98	1

METROPOLITAN DIVISION

		OI.		_	OL	O.	UM	
P	ittsburgh	35	24	10	1	108	75	49
V	Vashington	34	18	13	3	107	102	39
(arolina	34	14	13	7	79	94	35
P	hiladelphia	34	15	15	4	81	93	34
Ν	IY Rangers	34	16	17	1	76	91	33
Ν	lew Jersey	34	13	15	6	78	85	32
(olumbus	34	14	16	4	87	95	32
Ν	IY Islanders	35	9	19	7	85	121	25

Wednesday's results Ottawa at New Jersey Pittsburgh at NY Rangers Tuesday's results

Boston 2 Calgary 0 Buffalo 4 Winnipeg 2 Tampa Bay 3 NY Islanders 2 (SO) Florida 3 Toronto 1 Anaheim 5 Detroit 2 Montreal 3 Phoenix 1 Philadelphia 5 Washington 2 Minnesota 3 Vancouver 2 (SO) San Jose 4 St. Louis 2 Chicago 3 Nashville 1 Dallas 3 Colorado 2 Los Angeles 3 Edmonton 0

Thursday's games All Times Eastern

Phoenix at Toronto, 7 p.m. Minnesota at Pittsburgh, 7 p.m. Boston at Buffalo, 7 p.m. Columbus at Philadelphia, 7 p.m. Calgary at Detroit, 7:30 p.m. Nashville at Tampa Bay, 7:30 p.m. Florida at Ottawa, 7:30 p.m. Montreal at St. Louis, 8 p.m. Vancouver at Dallas, 8:30 p.m. Edmonton at Colorado, 9:30 p.m. San Jose at Los Angeles, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL D	IVISIO	N					
	GP	W	L	0L	GF	GΑ	Pt
Chicago	37	25	7	5	138	102	55
St. Louis	33	22	7	4	114	80	48
Colorado	33	22	10	1	96	78	45
Minnesota	36	20	11	5	84	83	45
Dallas	33	16	12	5	95	101	37
Nashville	34	16	15	_	, ,	95	35
Winnipeg	36	15	16	5	95	106	35
DACIFIC DIV							

PACIFIC DIVISION

	GΡ	VV	L	OL	Gŀ	GΑ	Р
Anaheim	36	24	7	5	116	91	5
Los Angeles	35	23	8	4	97	68	5
San Jose	34	21	7	6	112	84	4
Vancouver	36	20	10	6	100	86	4
Phoenix	33	18	10	5	105	103	4
Calgary	34	13	16	5	86	108	3
Edmonton	36	11	22	3	93	123	2
Note: Two point	s for	a w	/in,	one	poin	t for	
overtime less							

Friday's games Anaheim at New Jersey, 7 p.m.

Washington at Carolina, 7 p.m. NY Islanders at NY Rangers, 7 p.m. Florida at Winnipeg, 8 p.m. Vancouver at Chicago, 8 p.m. Saturday's games Calgary at Pittsburgh, 1 p.m. Phoenix at Ottawa, 2 p.m.

Colorado at Los Angeles, 4 p.m. Montreal at Nashville, 7 p.m. Anaheim at NY Islanders, 7 p.m. Carolina at Tampa Bay, 7 p.m. Buffalo at Boston, 7 p.m. Detroit at Toronto, 7 p.m. Philadelphia at Columbus, 7 p.m. New Jersey at Washington, 7 p.m. St. Louis at Edmonton, 10 p.m. Dallas at San Jose, 10:30 p.m.

SCORING LEADERS

	G	Α	Pts
Crosby, Pgh	19	28	47
Kane, Chi	20	26	46
Malkin, Pgh	9	32	41
Getzlaf, Ana	16	23	39
Ovechkin, Wash	28	10	38
Tavares, NYI	13	25	38
Perry, Ana	22	15	37
Not including last night	's games		

NBA

EASTERN CO	NFERE	NCE		
	W	L	Pct	GE
d-Indiana	20	4	.833	-
d-Miami	18	6	.750	
Atlanta	13	12	.520	71
d-Boston	12	14	.462	
Detroit	12	14	.462	
Charlotte	11	14	.440	91
Washington	10	13	.435	91
Toronto	9	13	.409	1
Chicago	9	14	.391	10 ¹ /
Cleveland	9	15	.375	1
Brooklyn	9	15	.375	1
Orlando	8	17	.320	121
New York	7	17	.292	1
Philadelphia	7	19	.269	1

WESTERN CONFERENCE

Milwaukee

	W	L	Pct	GB
d-Portland	22	4	.846	_
Oklahoma City	20	4	.833	1
d-San Antonio	19	5	.792	2
d-L.A. Clippers	17	9	.654	5
Houston	16	9	.640	51/2
Phoenix	14	9	.609	61/2
Denver	14	10	.583	7
Dallas	14	10	.583	7
Golden State	14	12	.538	8
Vinnesota	12	13	.480	91/2
A. Lakers	12	13	.480	91/2
New Orleans	11	12	.478	91/2
Vlemphis	10	14	.417	11
Sacramento	7	16	.304	131/2
Jtah	6	21	.222	161/2

5 19 .208

x - clinched playoff berth; **y** - division; **z** - conference. Wednesday's results

Utah at Orlando Charlotte at Toronto Indiana at Miami Sacramento at Atlanta Detroit at Boston Washington at Brooklyn New York at Milwaukee Portland at Minnesota Memphis at Dallas San Antonio at Phoenix

Chicago at Houston

New Orleans at L.A. Clippers

Thursday's games

Chicago at Oklahoma City, 8 p.m. San Antonio at Golden State, 10:30 p.m.

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

T Aries

March 21 - April 20

You may have lots of big ideas in your mind but are you ever going to get around to turning them into something useful, something that makes a difference both to yourself and to others?



Taurus

April 21 - May 21

You may resent having to pay for something you think you should get for free but if you make a scene you may end up paying even more.

II Gemini

May 22 - June 21

Partnerships of all kinds have been under the spotlight of late and will remain so until the Sun moves out of your opposite sign this weekend.



Cancer

June 22 - July 23

It may seem as if someone is trying to undermine your position, and maybe they are, but there is no need to worry about it.

$\mathbf{\Omega}$ Leo

July 24 - Aug. 23

You have been in impressive form of late but all good things must come to an end and life may not be quite so easy when the Sun changes signs on the 21st. If there is anything of a creative nature that needs doing then do it

M Virgo Aug. 24 - Sept. 23

If you feel the need to kiss and make up with a partner or relative now is the time. If you leave it much longer you may find that it isn't so easy or, worse, that they have found the love they need with someone else.

△ Libra Sept. 24 - Oct. 23

What happens over the next few days will help you to understand that your priorities are wrong, that you are worrying about the things you cannot change while neglecting the things you can.

M Scorpio

Oct. 24 - Nov. 22

Slow things right down and take stock of how far you have come, because only then will you be in a position to decide how far you still have

プ Sagittarius Nov. 23 - Dec. 21

The Sun remains in your sign only until Saturday, so get busy and get as much done as you can between now and

17 Capricorn

Dec. 22 - Jan. 20

When the Sun moves into your sign this weekend a new solar year begins. Make it your objective, today and tomorrow, to look back over the past 12 months and learn what you can from your

Jan. 21 - Feb. 19 Spend as much time as you can with your friends today because you may not get so many opportunities to be sociable in the days and

H Pisces Feb. 20 - March 20

weeks to follow.

You need to convince those in positions of power that you deserve to be given more responsibility and the rewards that go with it. Timing is everything and the right time is now.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Tropical nut behold! 11. "Pick a Puppy"

channel 14. "ER" actress Ms.

Tierney

15. Ewoks' forest

moon home 16. Not 'neath

17. 'Material' suffix 18. Invest

19. San Francisco's

Valley 20. Prospector in "Rudolph the Red-Nosed

Reindeer": 2 wds. 23. Jongg

24. Actor's tuckedinto-shoes devices 25. Country song-

stress, __ Lynne 29. Sidekick to #20-Across

32. Birchbark craft 33. Range

34. NHL official 37. With a flair for crafts

38. Lyrical lament 39. Bygone time 40. Golfer's gadget

41. Partake in Winter fun 42. "...not a creature

was stirring, not even 43. Prince ___, British

Columbia 45. Awakens 46. "The Birds" (1963) star Ms. Hedren

48. Highway topping 49. They're on the

Canadian side at Niagara: 2 wds. 56. Pasta names suffix 57. Environment Minister, Ms. Aglukkaq 58. Donald Trump's

40

56

first wife 60. '_' __ for Rimouski 61. Gourmand

62. 'frisco footballer 63. Actor, Daniel Kim

64. Skirt alternative 65. Kind of duck

Down

1. Dieter's stat. 2. Simple

3. Ballet outfit 4. Mr. Estrada 5. Alberta city between Red Deer and Edmonton

62

65

6. Bloodsucker 7. Never, casion 8. Env. info

9. Morning's follower 10. Phys. of 1969 to 1976 TV: 2 wds. 11. Like many a Christmas Tree 12. "Count (I don't want to

participate) 13. Lock of hair 21. "Nope."

22. Rap music's Kim

25. Hightail it

26. Tortoise's com-

petitor . 27. Hamlet in the

Northwest Territories

28. Actress Myrna

29. "Grace Under

Fire" star Ms. Butler

30. Try to persuade 31. Vachon treat,

West 33. Wing-like

35. Poet's 'previously'

36. Charges

38. Just manage, out

39. Particular pronoun

41. Said one's lengthy

piece 42. Banff National

Park: __ Lake, it's glacier-fed

44. Sit-__ (Exercises)

45. UK military service 46. Race place

47. Ancient Greek

colony 48. "__ are Not Enough" by Northern

Lights 50. Singe

51. Table d'__ (Fixed price restaurant

menu) 52. Threes - twos =

whats? 53. Old Rome's 57

54. Ground

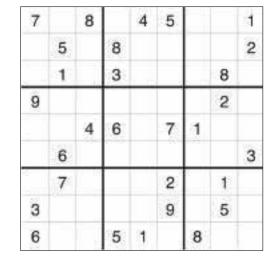
55. Dagger

59. ETA part, for short

Sudoku How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

٠	1.		3	7	4	8	8	ē
4	-5	7	8	9	2	1	9	6
ż	3	8	1	8	6	3	4	9
á	4	\$	7	1	6	B	9	8
1	8	6		4	3	6	7	2
	7	5	8	2	8	4	1	3
8	2	3	4	6	7	9	5	1
7		1	5	8	9	3	2	4
5	2	4	2	3	1	8	6	1



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